

The Guy Fawkes 10k - Sunday 5 November 2006

Place	Time	Name	Team	Race Age Category	min/Km		
1	0:33:21	O'NEILL, James	City of Norwich AC	M15-39	03:20.1	243	1
2	0:33:26	LEWIS, Adam	City of Norwich AC	M15-39	03:20.6	203	2
3	0:33:53	ROBINSON, Steven	St Edmund Pacers	M15-39	03:23.3	168	3
4	0:35:11	TOPPER, Tim	Norfolk Gazelles AC	M15-39	03:31.1	132	4
5	0:35:20	MOORE, Richard	Waveney Valley AC	M40-49	03:32.0	159	5
6	0:35:35	SHERRY, Karl	Norwich Road Runners	M40-49	03:33.5	147	6
7	0:36:16	YAXLEY, Mick	Norfolk Gazelles AC	M40-49	03:37.6	169	7
8	0:36:44	HOUGHTON, Andrew		M40-49	03:40.4	280	8
9	0:37:11	BAILEY, Cliff	Thetford AC	M40-49	03:43.1	234	9
10	0:37:15	GRAND, Adie	Norwich Road Runners	M40-49	03:43.5	246	10
11	0:37:23	GOODRUM, Paul		M15-39	03:44.3	197	11
12	0:37:28	DAVIES, Paul	Norwich Road Runners	M15-39	03:44.8	292	12
13	0:37:30	JOHNSON, Peter	Norfolk Gazelles AC	M50-59	03:45.0	300	13
14	0:37:32	MANNING, Andrew	Great Yarmouth Road Runners	M40-49	03:45.2	276	14
15	0:37:40	JOHNS, Tony	Norwich Road Runners	M40-49	03:46.0	250	15
16	0:37:43	BLAKE, Richard	Great Yarmouth Road Runners	M50-59	03:46.3	284	16
17	0:37:49	CLARKE, Jane	Norfolk Gazelles AC	F40-49	03:46.9	301	17
18	0:37:52	HAYES, Rich		M15-39	03:47.2	129	18
19	0:37:52	BETTS, Mark	Norwich Road Runners	M15-39	03:47.2	177	19
20	0:37:54	STEWART, Clive	Bishop Stortford RC	M40-49	03:47.4	186	20
21	0:38:01	BRIERLEY, Simon	National Fire Service	M15-39	03:48.1	267	21
22	0:38:11	GARRETT, Mark	Norwich Road Runners	M40-49	03:49.1	273	22
23	0:38:22	IVE, Martin	Ryston Runners AC	M40-49	03:50.2	270	23
24	0:38:23	ROPER, Goy	Norwich Road Runners	M40-49	03:50.3	160	24
25	0:38:33	HOOBKAMER, Rini	City of Norwich AC	M40-49	03:51.3	172	25
26	0:38:39	CARR, Joe		M15-39	03:51.9	209	26
27	0:38:44	MCQUILLIN, Ben	Reepham Runners	M15-39	03:52.4	166	27
28	0:38:46	BIRCH, James	Wymondham AC	M15-39	03:52.6	260	28
29	0:38:49	PRESTON, Adrian	Wymondham AC	M40-49	03:52.9	167	29
30	0:38:52	VAN MINDEN, Nils	Norwich Road Runners	M15-39	03:53.2	216	30
31	0:38:53	SULLIVAN, Paul	Norwich Road Runners	M40-49	03:53.3	174	31
32	0:39:07	YEOMANS, Martin	Norwich Road Runners	M50-59	03:54.7	244	32
33	0:39:11	CHAMBERLAIN, Michael	Norwich Road Runners	M40-49	03:55.1	183	33
34	0:39:14	COOPER, Jim	Bungay Black Dog RC	M40-49	03:55.4	230	34
35	0:39:30	CLARKE, Russell	Wymondham AC	M40-49	03:57.0	275	35
36	0:39:44	PARFITT, Kevin	North Norfolk Beach Runners	M40-49	03:58.4	261	36
37	0:39:46	HELMORE, Jeff	Great Yarmouth Road Runners	M40-49	03:58.6	200	37
38	0:39:48	SPRAGG, Mike	Great Yarmouth Road Runners	M60+	03:58.8	257	38
39	0:39:56	MCCRORY, Owen		M15-39	03:59.6	212	39
40	0:40:00	HAYES, Jim	North Norfolk Beach Runners	M60+	04:00.0	297	40
41	0:40:02	CURL, Tracey	Norwich Road Runners	F40-49	04:00.2	406	41
42	0:40:10	MASON, Shawn	Great Yarmouth & District AC	M15-39	04:01.0	227	42
43	0:40:21	PARFITT, Dena	Norfolk Gazelles AC	F40-49	04:02.1	404	43
44	0:40:22	MACPHERSON, Al	St Edmund Pacers	M15-39	04:02.2	193	44
45	0:40:23	PERT, Chris	Riverside Runners	M15-39	04:02.3	215	45
46	0:40:27	WIGHTMAN, Paul	Wymondham AC	M40-49	04:02.7	210	46
47	0:40:30	EMERY, Trevor	North Norfolk Beach Runners	M50-59	04:03.0	178	47
48	0:40:36	BAIN, Andrew	Waveney Valley AC	M15-39	04:03.6	233	48
49	0:40:49	HAINES, Keiron	Norwich Road Runners	M50-59	04:04.9	221	49
50	0:40:52	GREENLAND, Edward	Wymondham AC	M40-49	04:05.2	139	50
51	0:40:56	READER, Jonathan		M15-39	04:05.6	219	51
52	0:41:05	WOODYATT, Paul	City of Norwich AC	M40-49	04:06.5	170	52
53	0:41:07	MOORE, Ian	Norwich Road Runners	M15-39	04:06.7	279	53
54	0:41:12	CROUCHER, Antony	Great Yarmouth Road Runners	M15-39	04:07.2	225	54
55	0:41:14	REYNOLDS, Vicky	Wymondham AC	F15-39	04:07.4	361	55
56	0:41:19	PROSHO, Jim		M40-49	04:07.9	252	56
57	0:41:22	BATES, Steve	Coltishall Jaguars	M15-39	04:08.2	228	57
58	0:41:31	PLACKETT, Steven	Reepham Runners	M40-49	04:09.1	164	58
59	0:41:44	SPELLMAN, Matthew		M40-49	04:10.4	135	59
60	0:41:45	KNIGHTS, Neville		M40-49	04:10.5	294	60
61	0:41:51	SMITH, Nick	Dereham Runners AC	M15-39	04:11.1	162	61
62	0:41:56	ADCOCK, Trevor	Norfolk Gazelles AC	M50-59	04:11.6	291	62
63	0:42:16	GOOCH, Roger	Norfolk Gazelles AC	M50-59	04:13.6	189	63
64	0:42:24	STARK, Colin		M15-39	04:14.4	205	64
65	0:42:29	HOWARD, Nigel		M40-49	04:14.9	195	65
66	0:42:34	FLANAGAN, Anne	Norwich Road Runners	F15-39	04:15.4	405	66
67	0:42:55	THOULESS, Gavin	Norwich Road Runners	M15-39	04:17.5	290	67
68	0:42:58	POWELL, Darren		M40-49	04:17.8	137	68
69	0:43:12	MCARDLE, Paul		M15-39	04:19.2	138	69

70	0:43:13	HERROD, Nigel	Waveney Valley AC	M40-49	04:19.3	157	70
71	0:43:20	FIRMAGE, Paul	Ryston Runners AC	M50-59	04:20.0	207	71
72	0:43:22	HILLS, John	Great Yarmouth Road Runners	M50-59	04:20.2	165	72
73	0:43:23	MANN, Elies	Norwich Road Runners	F15-39	04:20.3	355	73
74	0:43:24	WORTLEY, Matthew	Ryston Runners AC	M15-39	04:20.4	179	74
75	0:43:26	CONNER, Andrew	Helm Hill Runners	M40-49	04:20.6	299	75
76	0:43:26	SARGEANT, Richard	Lowestoft Road Runners	M15-39	04:20.6	134	76
77	0:43:27	MANCHINI, Aniti		F15-39	04:20.7	254	77
78	0:43:30	BOWDEN, Nicholas	Reepham Runners	M50-59	04:21.0	281	78
79	0:43:32	JOHNSON, Iain	Deal Tri	M15-39	04:21.2	136	79
80	0:43:34	BLACKWELL, Kevin	Norfolk Gazelles AC	M40-49	04:21.4	241	80
81	0:43:35	FRARY, Matthew		M15-39	04:21.5	131	81
82	0:43:35	SMITH, Alexandra	Norwich Road Runners	F15-39	04:21.5	313	82
83	0:43:38	JONES, Howard		M40-49	04:21.8	128	83
84	0:43:42	BROWNING, Colin	Norwich Road Runners	M40-49	04:22.2	141	84
85	0:43:44	BONE, John	Great Yarmouth Road Runners	M60+	04:22.4	242	85
86	0:43:58	TAYLER, Mark	Norwich Road Runners	M50-59	04:23.8	245	86
87	0:43:59	STACEY, Martin	Yeovil Town Road Runners	M40-49	04:23.9	145	87
88	0:44:06	GAY, Christopher	Great Yarmouth & District AC	M40-49	04:24.6	256	88
89	0:44:13	POTTER-CAMPBELL, Emma	Dereham Runners AC	F15-39	04:25.3	351	89
90	0:44:16	GORDON-GRAY, Anthony	Norfolk Gazelles AC	M50-59	04:25.6	258	90
91	0:44:25	POTTAGE, Sandie	Bungay Black Dog RC	F40-49	04:26.5	368	91
92	0:44:27	HURN, Sara	North Norfolk Beach Runners	F15-39	04:26.7	389	92
93	0:44:34	STONE, Matthew		M15-39	04:27.4	192	93
94	0:44:37	GRISLEY, Chris	Norfolk Gazelles AC	M15-39	04:27.7	235	94
95	0:44:39	BAXTER, Chris		M15-39	04:27.9	268	95
96	0:44:41	CHRISTIAN, Jennifer	Wymondham AC	F50-59	04:28.1	356	96
97	0:44:45	BRADLEY, Alan	Norwich Road Runners	M40-49	04:28.5	298	97
98	0:44:47	GOODWIN, David	Great Yarmouth & District AC	M50-59	04:28.7	148	98
99	0:44:51	HOWITT, Phillip		M40-49	04:29.1	140	99
100	0:45:02	HURREN, Sharon	Wymondham AC	F15-39	04:30.2	312	100
101	0:45:10	HAYWARD, Geoff	North Norfolk Beach Runners	M60+	04:31.0	206	101
102	0:45:24	WILSON, Robin	Bungay Black Dog RC	M50-59	04:32.4	236	102
103	0:45:29	RAYNER, Bruce	Bungay Black Dog RC	M40-49	04:32.9	237	103
104	0:45:31	WAKE, Polly	Norwich Road Runners	F15-39	04:33.1	370	104
105	0:45:35	GRAHAM, Kat		F15-39	04:33.5	325	105
106	0:45:44	DALLAS, Ian	Norfolk Gazelles AC	M40-49	04:34.4	214	106
107	0:45:49	MILLETT, Anne	Norwich Road Runners	F50-59	04:34.9	352	107
108	0:45:54	DENNINGTON, Paul		M40-49	04:35.4	146	108
109	0:46:10	BYE, Rod	Coltishall Jaguars	M40-49	04:37.0	152	109
110	0:46:19	MILNES, Christopher	Ryston Runners AC	M40-49	04:37.9	191	110
111	0:46:31	MARSH, Ron	Wymondham AC	M60+	04:39.1	229	111
112	0:46:37	ASPIN, Chris		M40-49	04:39.7	232	112
113	0:46:50	HEATH, Tony	North Norfolk Beach Runners	M50-59	04:41.0	196	113
114	0:46:53	BROOKSHAW, Paul	Great Yarmouth Road Runners	M40-49	04:41.3	278	114
115	0:46:57	HALL, Will		M15-39	04:41.7	158	115
116	0:46:58	GRAVER, Stuart	Notts AC	M15-39	04:41.8	198	116
117	0:47:10	KENT, Sean	Norfolk Gazelles AC	M40-49	04:43.0	263	117
118	0:47:21	TYRRELL, Jonathan		M15-39	04:44.1	175	118
119	0:47:21	MILLETT, Tony	Norwich Road Runners	M50-59	04:44.1	238	119
120	0:47:41	HUTCHEON, David	Coltishall Jaguars	M60+	04:46.1	185	120
121	0:47:42	READER, Kim	Wymondham AC	F15-39	04:46.2	377	121
122	0:47:49	NORMAN, Pauline	Lowestoft Road Runners	F50-59	04:46.9	375	122
123	0:47:53	ASTLEY, Robert		M15-39	04:47.3	182	123
124	0:47:54	HORREX, Trevor	Norwich Road Runners	M40-49	04:47.4	231	124
125	0:47:58	FRASER, Alec	North Norfolk Beach Runners	M60+	04:47.8	190	125
126	0:48:00	BAKER, Douglas	Eastern Veterans AC	M60+	04:48.0	255	126
127	0:48:02	FREEMAN, Jane		F50-59	04:48.2	369	127
128	0:48:05	SPONG, Carole	Great Yarmouth Road Runners	F60+	04:48.5	346	128
129	0:48:06	WOODHOUSE, Gill	Dereham Runners AC	F50-59	04:48.6	317	129
130	0:48:08	RAYNER, Clare		F15-39	04:48.8	359	130
131	0:48:10	HAMMOND, Andrew		M50-59	04:49.0	295	131
132	0:48:19	HAWKINS, Vicky		F15-39	04:49.9	411	132
133	0:48:35	MCLEAN, Daniel		M15-39	04:51.5	194	133
134	0:48:39	GOWING, Peter	Reepham Runners	M15-39	04:51.9	153	134
135	0:48:39	DURRANT, Jude		F15-39	04:51.9	357	135
136	0:48:43	TYLER, Rhys		M15-39	04:52.3	155	136
137	0:48:44	BRIGHTY, Keith	Norwich Road Runners	M40-49	04:52.4	187	137
138	0:48:45	NIGHTINGALE, Laura		F15-39	04:52.5	345	138
139	0:48:45	ASHFORD, Martin	Diss & District AC	M50-59	04:52.5	161	139
140	0:48:55	BARROWMAN, Michael	St Albans Striders	M50-59	04:53.5	150	140
141	0:49:00	MARKS, David	Norwich Road Runners	M15-39	04:54.0	149	141
142	0:49:05	BRADLEY, Sarah	Norwich Road Runners	F40-49	04:54.5	323	142
143	0:49:46	EVE, Chris		M15-39	04:58.6	143	143

144	0:49:48	HUTCHEON, Brenda	Coltishall Jaguars	F50-59	04:58.8	383	144
145	0:50:04	ALFORD, Colin		M40-49	05:00.4	266	145
146	0:50:05	ASHFORD, Justin	Norwich Road Runners	M15-39	05:00.5	163	146
147	0:50:09	DAUM, Peter	Riverside Runners	M40-49	05:00.9	271	147
148	0:50:13	SHARPE, John	Coltishall Jaguars	M50-59	05:01.3	173	148
149	0:50:16	POSTLE, Adele	Great Yarmouth & District AC	F40-49	05:01.6	341	149
150	0:50:19	KENNELLY, Julia	Wymondham AC	F15-39	05:01.9	362	150
151	0:50:29	TYLER, Tony		M40-49	05:02.9	156	151
152	0:50:32	BRIGHTY, Joshua	Norwich Road Runners	M15-39	05:03.2	188	152
153	0:50:36	BROSTER, Linsey	Dereham Runners AC	F15-39	05:03.6	378	153
154	0:50:49	KINCH, Brenda	North Norfolk Beach Runners	F60+	05:04.9	349	154
155	0:50:55	LEE, Katy	Bungay Black Dog RC	F15-39	05:05.5	382	155
156	0:50:58	SMITH, Corrina	Thetford AC	F15-39	05:05.8	366	156
157	0:51:10	BYE, Jackie	Coltishall Jaguars	F40-49	05:07.0	409	157
158	0:51:11	CONNER, Amanda	Helm Hill Runners	F15-39	05:07.1	322	158
159	0:51:13	FARRAR, Anna		F40-49	05:07.3	379	159
160	0:51:15	OSBORNE, Andrea	North Norfolk Beach Runners	F50-59	05:07.5	308	160
161	0:51:18	JORDAN, Catherine	Norfolk Gazelles AC	F50-59	05:07.8	373	161
162	0:51:18	RICHERS, Julie	Norfolk Gazelles AC	F40-49	05:07.8	394	162
163	0:51:19	DUDELL, Michael		M40-49	05:07.9	176	163
164	0:51:22	RIBBANDS, Derek	Great Yarmouth Road Runners	M40-49	05:08.2	151	164
165	0:51:41	INGRAM, Stuart	Diss & District AC	M50-59	05:10.1	283	165
166	0:51:47	FRASER, Susan	Great Yarmouth & District AC	F40-49	05:10.7	390	166
167	0:52:08	MAWER, Roger	Lowestoft Road Runners	M60+	05:12.8	259	167
168	0:52:09	WARREN, Peter	Dulwich Runners	M50-59	05:12.9	262	168
169	0:52:35	WEEKS, David		M40-49	05:15.5	144	169
170	0:52:48	KELLY, MICK	Reepham Runners	M50-59	05:16.8	239	170
171	0:52:50	MILLER, Rachel		F15-39	05:17.0	328	171
172	0:52:54	HARROP, Jackie	Norfolk Gazelles AC	F40-49	05:17.4	391	172
173	0:53:20	BLOWS, Aaron		M15-39	05:20.0	272	173
174	0:53:30	SHARPE, Margaret	Coltishall Jaguars	F50-59	05:21.0	397	174
175	0:53:32	SMITH, Ann	Waveney Valley AC	F15-39	05:21.2	353	175
176	0:53:33	TURNER, Mike	Liverpool Harriers	M60+	05:21.3	184	176
177	0:53:35	STEVENS, Tracy		F15-39	05:21.5	253	177
178	0:53:35	PIKE, David	Abbey Runners	M50-59	05:21.5	133	178
179	0:53:42	LEE, Katie	Bungay Black Dog RC	F15-39	05:22.2	381	179
180	0:53:45	KWIATKOWSKI, Carl		M40-49	05:22.5	208	180
181	0:53:46	BAILEY, Margaret	Wymondham AC	F50-59	05:22.6	307	181
182	0:53:48	CHAMBERS, Mike	St Edmund Pacers	M60+	05:22.8	142	182
183	0:53:52	EAVES, Laura		F15-39	05:23.2	367	183
184	0:53:55	DAYKIN, Roger		M60+	05:23.5	223	184
185	0:54:06	NEAVE, Philip	Bungay Black Dog RC	M50-59	05:24.6	286	185
186	0:54:20	DILDREW, Julie		F40-49	05:26.0	374	186
187	0:54:21	SPARROW, Pauline	Ryston Runners AC	F50-59	05:26.1	350	187
188	0:54:31	MARTIN, Anne	Wymondham AC	F60+	05:27.1	387	188
189	0:54:32	KELLY, Hannah		F15-39	05:27.2	418	189
190	0:54:35	MITCHELL, Kirsti	Norfolk Gazelles AC	F15-39	05:27.5	393	190
191	0:54:36	BURROWS, Mark		M15-39	05:27.6	274	191
192	0:54:46	JUPP, Orla	Dereham Runners AC	F15-39	05:28.6	413	192
193	0:54:50	GEDGE, Laura		F15-39	05:29.0	407	193
194	0:54:57	LUBBOCK, Sandra		F40-49	05:29.7	376	194
195	0:54:59	BEWSEY, Linda		F40-49	05:29.9	360	195
196	0:55:22	MASON, Holly		F15-39	05:32.2	344	196
197	0:55:33	BARTON, Frances	City of Norwich AC	F40-49	05:33.3	363	197
198	0:55:35	HEIMSTADT, Susanne		F15-39	05:33.5	316	198
199	0:55:49	ALFORD, Karen		F40-49	05:34.9	337	199
200	0:56:05	HARRISON, Peter	Great Yarmouth Road Runners	M60+	05:36.5	211	200
201	0:56:13	ROSE, David		M40-49	05:37.3	130	201
202	0:56:14	COPELAND, Jill	Norwich Road Runners	F40-49	05:37.4	334	202
203	0:56:20	JACKMAN, Kelly	Norwich Road Runners	F15-39	05:38.0	380	203
204	0:56:33	ALLUM, Julie	Ryston Runners AC	F15-39	05:39.3	358	204
205	0:56:41	GEDGE, Dale		M40-49	05:40.1	154	205
206	0:56:47	WILDING, Keith	Great Yarmouth Road Runners	M60+	05:40.7	296	206
207	0:56:52	STARLING, Jacquī		F40-49	05:41.2	314	207
208	0:56:59	BURDETT, Sara	City of Norwich AC	F40-49	05:41.9	364	208
209	0:57:14	EGMORE, Jenni	Reepham Runners	F15-39	05:43.4	324	209
210	0:57:18	BLOOMFIELD, Christine	Norfolk Gazelles AC	F50-59	05:43.8	339	210
211	0:57:21	ROWE, Siobhan		F40-49	05:44.1	403	211
212	0:57:22	WILD, Nicola		F40-49	05:44.2	401	212
213	0:57:30	NORRY, Rita	Thetford AC	F40-49	05:45.0	310	213
214	0:57:51	COLLINS, Mark		M15-39	05:47.1	264	214
215	0:57:56	FOLKARD, Jonathan	North Norfolk Beach Runners	M40-49	05:47.6	180	215
216	0:58:01	NUNNEY, Andrea		F40-49	05:48.1	402	216
217	0:58:08	WRIGHT, Lucy	Wymondham AC	F15-39	05:48.8	319	217

218	0:58:09	SEWELL, Helen	Ryston Runners AC	F60+	05:48.9	305	218
219	0:58:24	THOULESS, Colin	Norwich Road Runners	M60+	05:50.4	289	219
220	0:58:27	HAGON-POWLEY, Michelle		F15-39	05:50.7	347	220
221	0:58:27	HAGON-POWLEY, Clive		M50-59	05:50.7	249	221
222	0:58:47	CHAPPELL, Louise		F15-39	05:52.7	315	222
223	0:58:51	DIX, Karren	Norfolk Gazelles AC	F40-49	05:53.1	417	223
224	0:58:58	GERRARD, Hayley	Norfolk Gazelles AC	F15-39	05:53.8	321	224
225	0:59:01	GOODWIN, Denise	Great Yarmouth & District AC	F40-49	05:54.1	412	225
226	0:59:02	PROTHEROE, Sallyann	Lowestoft Road Runners	F40-49	05:54.2	414	226
227	0:59:05	NEW, Wendi	Lowestoft Road Runners	F15-39	05:54.5	415	227
228	0:59:10	ROGERS, Rosie	Norfolk Gazelles AC	F40-49	05:55.0	371	228
229	0:59:18	CLARKE, Suzanne	Norwich Road Runners	F15-39	05:55.8	327	229
230	0:59:28	EVANS, Gaynor		F40-49	05:56.8	386	230
231	0:59:50	HOWARD, Lisa	Norwich Road Runners	F15-39	05:59.0	392	231
232	1:00:02	ANDREWS, Roger	Great Yarmouth Road Runners	M60+	06:00.2	277	232
233	1:00:08	HOGAN, Caroline	Wayland Runners	F15-39	06:00.8	385	233
234	1:00:19	CARROLL, Deirdre		F50-59	06:01.9	365	234
235	1:00:19	BENNETT, Rachel		F15-39	06:01.9	331	235
236	1:00:24	ENGLAND, Maureen	Great Yarmouth & District AC	F60+	06:02.4	348	236
237	1:00:43	FOYE, Susan	North Norfolk Beach Runners	F40-49	06:04.3	416	237
238	1:00:47	CIARLA, Trudi		F40-49	06:04.7	410	238
239	1:00:48	MAXWELL, Alice	Wymondham AC	F15-39	06:04.8	311	239
240	1:00:49	GARNER, Karen		F15-39	06:04.9	335	240
241	1:00:49	STEWART, Angela		F40-49	06:04.9	340	241
242	1:01:01	WILSON, Gary		M40-49	06:06.1	213	242
243	1:01:08	SPONG, Albert	Great Yarmouth Road Runners	M60+	06:06.8	251	243
244	1:01:34	STEVENS, Rachel	Norfolk Gazelles AC	F40-49	06:09.4	396	244
245	1:01:42	MOORE, Jane	Norfolk Gazelles AC	F40-49	06:10.2	306	245
246	1:01:48	FULLER, Sarah	Coltishall Jaguars	F15-39	06:10.8	398	246
247	1:01:56	BAINES, Dawn	Reepham Runners	F40-49	06:11.6	408	247
248	1:02:10	SULLIVAN, Genette	Norwich Road Runners	F40-49	06:13.0	395	248
249	1:02:15	HOWE, Marie	Thetford AC	F15-39	06:13.5	309	249
250	1:02:30	MILLER, Louis		M60+	06:15.0	288	250
251	1:02:42	WYATT, Robert		M40-49	06:16.2	201	251
252	1:04:02	PAYNE, Anthony		M40-49	06:24.2	226	252
253	1:04:53	ASPIN, Debbie		F40-49	06:29.3	354	253
254	1:06:27	ROGERS, Rachel	Norfolk Gazelles AC	F15-39	06:38.7	330	254
255	1:06:59	POWELL, Penny		F40-49	06:41.9	303	255
256	1:09:04	HAGGARTY, Elaine	Great Yarmouth & District AC	F50-59	06:54.4	343	256
257	1:10:56	READER, Frank	Norwich Road Runners	M60+	07:05.6	220	257
258	1:12:36	COPELAND, Maurice	North Norfolk Beach Runners	M60+	07:15.6	247	258
259	1:12:51	STANWAY, Tony		M15-39	07:17.1	199	259
260	1:17:35	BAKER, Janice	Eastern Veterans AC	F50-59	07:45.5	342	260
261	1:22:51	ISON, Margaret	North Norfolk Beach Runners	F60+	08:17.1	384	261